

Community Transformation Grant

Transforming the Health of South Seattle and South King County Communities

Community Transformation Grant (CTG) Small Communities Program was a collaborative effort to change systems so all residents have the opportunity to be physically active, have access to healthy foods and drinks and live in tobacco-free environments. From October 2012 to March 2015, an innovative partnership between Seattle Children's, Public Health — Seattle & King County, and the Healthy King County Coalition worked with local governments, schools, hospitals, low-income housing groups, and childcare and youth organizations to improve opportunities for health where people live, learn, work, and play.

CTG projects focused in the following cities with the goal of reducing health inequities

Auburn	Tukwila
Burien	Beacon Hill
Des Moines	Georgetown
Kent	South Park
Normandy Park	North Highline
Renton	
SeaTac	

Total combined population reach: **479,000**

This factsheet highlights a few projects, to learn more visit: www.kingcounty.gov/health/CTG

TOBACCO-FREE LIVING 2 PROJECTS!

Purpose Reduce exposure to smoking, tobacco use, and secondhand smoke.

80%

of Renton Housing Authority residents reported being **pleased** with the new **no smoking policy**

Project Example Exposure to secondhand smoke can be a daily reality for people who live in multi-unit complexes. While apartments may feel insulated, smoke can move through windows, doors, and vents into neighboring units. Renton Housing Authority, an agency that provides affordable, quality housing to people with low incomes, adopted a smoke-free policy for its 869 units. With the passage of this policy, now all public housing in King County is smoke free.

“Overall [the policy] is going to be very effective for me to quit. I know I’m going to feel a lot better.”

— A Renton Housing Authority resident

Thanks to our partners Cities of Normandy Park and Tukwila and Renton Housing Authority

HEALTHY EATING 7 PROJECTS!

Purpose Make the healthy choice the easy choice in our organizations and schools.



Project Example When it's lunchtime at school, research shows that kids choose more pears and apples if the fruit is easily accessible in an attractive basket rather than a stainless steel pan. This kind of free or low-cost change can make a big difference. Kent School District was at the forefront of making changes that nudge kids towards making healthier choices. High school students engaged in the effort too. Students developed a marketing campaign to help drive youth towards the healthier options, including a new salad station.

“We know that access to healthy, nutritious food supports student learning and helps establish healthy habits for the rest of their lives.”

— Wendy Weyer, Director of Nutrition Services at Seattle Public Schools

Thanks to our partners Auburn, Highline, Kent, Renton, Seattle and Tukwila School Districts; Childhood Obesity Prevention Coalition; the City of Seattle; Cornell Center for Behavioral Economics in Child Nutrition Programs; Harborview Medical Center; Health Care Without Harm; Highline Medical Center; King County Housing Authority; Child Care Consultant Katy Levenhagen; MultiCare Auburn Medical Center; Renton Community Center; University of Washington Center for Public Health Nutrition; Valley Medical Center; and Washington State Department of Agriculture

ACTIVE LIVING 5 PROJECTS!

Purpose Ensure that everyone has access to physical activity.



Project Example To get kids moving, the Des Moines Parks and Recreation Department revamped their programs that teach kids health and fitness outside of school time. The new curriculum more than doubled the amount of time that kids were active and introduced characters to motivate the youth: Cardio Kid (cardiorespiratory endurance), BC (body composition), Max (muscular strength), Maddy (muscular endurance), and Flexy (flexibility).

Thanks to our partners Cities of Des Moines and Tukwila, Highline and Kent School Districts, and Child Care Consultant Katy Levenhagen

“The [new physical activity program] makes us healthy and wise and that is good for my body.”

— Student from Des Moines Elementary School

HEALTHY ENVIRONMENTS 3 PROJECTS!

Purpose Ensure health is central in all city planning policies.



Project Example With the aim of creating a more walkable, healthy, transit-oriented district, the City of SeaTac worked with partners to conduct robust community engagement for the area surrounding the new Sound Transit Link Station. The community engagement effort prioritized the voices of high school students and Latino, Somali, Eritrean, and Arabic-speaking communities to ensure that the new development met their needs. Findings are included in the City's plan for the station.

Thanks to our partners The Cities of Auburn and SeaTac, Puget Sound Regional Council, and Studio 3MW

“It was great to have the resources to reach out to more people in culturally appropriate ways about how the City could increase access to community and economic opportunities.”

— Kate Kaehny, Senior Planner, City of SeaTac

COMMUNITY CAPACITY 6 PROJECTS!

Purpose To build capacity in our communities.



Project Example Horn of Africa Services engaged 60 East African youth and parents to help them understand and assess healthy eating and active living opportunities in their community. Nine youth attended leadership workshops led by a local community leader and organizer. The workshops helped them respond to community requests from the Seattle Public School Board and the Seattle City Council. Youth presented what they learned about healthy food, physical activity, and the challenge of accessing both in their communities.

“We talked [with leaders] about the change we need in our communities, in our schools.”

— Participant in the Horn of Africa Services project

Thanks to our partners Global to Local, Got Green, Healthy King County Coalition, Horn of Africa, OneAmerica, and Washington CAN!

In September 2012, Seattle Children's Hospital, along with primary partners Public Health — Seattle & King County and the Healthy King County Coalition (HKCC) received a two-year, \$3.6 million Community Transformation Grant (CTG) from the U.S. Department of Health and Human Services' Centers for Disease Control and Prevention (CDC). These funds are made available through the Affordable Care Act's Prevention and Public Health Fund. The work builds on the Communities Putting Prevention to Work federal stimulus fund investment in King County between 2010 and 2012.